LIGHTHOUSE
MENTORING
A PROJECT OF SAPIENCE INSTITUTE

NEW MUSLIM
MENTOR TRAINING

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LIGHTHOUSE MENTORING
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MODULE FIVE:
REGULAR FOLLOW UPS

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Module Five

- **Process & Culture**
- **Structure & Content**
- **Do's & Don'ts**
- **Common Pitfalls**

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Process & Culture

- **Recruit a team: Committed individuals with clear weekly commitments (1 to 2 hours per week)**
- **Encourage learning as a transformative coach**
- **Weekly status updates (Learn, outreach, follow ups)**
- **Personal growth by seeking Islamic knowledge**
- **Monthly Meeting / Office Hours**

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Gardener Analogy

- **Do your best consistently!**
- **Success is dependent on your efforts!**
- **Results in this world are a bonus!**

Examples

A - “How are you?”

B - “I am busy and stressed!

So much going on!”

- **BUSY**
- **STRESSED OUT**
- **LOTS GOING ON**

Example responses

- **“I understand that you have lots going on.”**
- **“You are ambitious, there will always be exciting stuff happening.”**
- **“Many times the best way to deal with stress is to step out of the situation.”**

Example responses

- **“I hope you can appreciate it’s about making time for important things that doesn’t appear critical but are very important!”**
- **E.G. a busy / stressed person makes time for a walk or exercise.**

Example responses

- **Coffee breaks VS Salah breaks.**
- **Salah is not meant to make you less successful or stress you out.**
- **It should bring relief and tranquility.**
- **Important: Approach prayer with right frame of mind!**

Example responses

- **“I care for you and I know it’s very important to invest time in building your relationship with Allah. When can you make time to get on a call or meetup?”**
- **Suggest options if required.**

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Example responses

- **Don’t forget chatGPT and other tools :)**

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Still Dead…

Mix it up a little & change:

- **Time or day you contact them**
- **Method of contact (message, call, email etc)**
- **Frequency (weekly to monthly etc)**
- **Mentor (have someone else reach out to them)**

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Mindset Issues for Mentors

- **Getting bored or disheartened.**
- **Not wanting to be too pushy.**
- **You're a gardener; someone who reminds & cares.**
- **You're not a prison guard!**
- **Worst case: Ask them "Am I bothering you?"**

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Followup System

- **Create Reminder For Yourself or Schedule Time On Your Calendar**
- **Contact Naming Scheme**
  - **Use MonthYear e.g. Martin 0124 NMM, John 0622 NMW**
  - **NMY - Not Muslim Yet**
  - **NMW - Weekly**
  - **NMB - BiWeekly**
  - **NMM - Monthly**
  - **NMX - No response for 6 or 12 months**
  - **NMO - Integrated / Graduated**

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Check-in Goals & Approach

- Catch up / good news / how's life?
- Why: Mindset / FOCUS / Who is Allah?
  - 5 - 30 min (Quran - A Course - Riyad Us Saliheen]
  - Can be a group call too
  - Can be monthly too
- Goals [Can be whatsa[[based too]:
  - Results
  - Obstacles
  - New plan, goals & activities
- Salah Practise / Wudu Review

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Remember the Four Pillars!

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Four Components of Our Coaching

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WHY?

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Motivation & Inspiration (WHY)

- **Delegated & Checkin or Self Deliver**
- **Subscribe them to social media / YouTube**
- **Show them the duas (simple habits)**
- **1 on 1 or group Qur'an Study (more on this later)**
- **1 on 1 or group Riyad us Saaliheen**
- **Teach them content from basic courses / series**
- **If / when they are motivated enough, assign them self study modules from the Learning Platform or other ecourses mentioned in the starter pack & discuss progress, main ideas, and do a weekly Q&A…**

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Knowing Allah

His Oneness (Tawheed)

- Lordship
- Names & Attributes
- Worship

Shirk (Associating Partners)

- The gravest sin.

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Implication

Rab, meaning “Lord”:

- Creator
- Owner
- Sustainer
- Protector
- Giver/Taker

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Implication

Al Hakeem (The Most Wise), Ar Raheem (The Most Merciful), Al Qadeer (The All-Powerful)

- Choice / Decree
- Hope for better
- Able to do all things

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Empowerment from the Qur'an [65:2-3]

فَإِذَا بَلَغْنَ أَجَلَهُنَّ فَأَمْسِكُوهُنَّ بِمَعْرُوفٍ أَوْ فَارِقُوهُنَّ بِمَعْرُوفٍ وَأَشْهِدُوا ذَوَىْ عَدْلٍ مِّنكُمْ وَأَقِيمُوا ٱلشَّهَـٰدَةَ
لِلَّهِ ۚ ذَٰلِكُمْ يُوعَظُ بِهِۦ مَن كَانَ يُؤْمِنُ بِٱللَّهِ وَٱلْيَوْمِ ٱلْـَٔاخِرِ ۚ وَمَن يَتَّقِ ٱللَّهَ يَجْعَل لَّهُۥ مَخْرَجًا ٢

Then when they have ˹almost˺ reached the end of their waiting period, either retain them honourably or separate from them honourably. And call two of your reliable men to witness ˹either way˺—and ˹let the witnesses˺ bear true testimony for ˹the sake of˺ Allah. This is enjoined on whoever has faith in Allah and the Last Day. And whoever is mindful of Allah, He will make a way out for them,

وَيَرْزُقْهُ مِنْ حَيْثُ لَا يَحْتَسِبُ ۚ وَمَن يَتَوَكَّلْ عَلَى ٱللَّهِ فَهُوَ حَسْبُهُۥ ۚ إِنَّ ٱللَّهَ بَـٰلِغُ أَمْرِهِۦ ۚ قَدْ جَعَلَ ٱللَّهُ لِكُلِّ شَىْءٍ قَدْرًا ٣

and provide for them from sources they could never imagine. And whoever puts their trust in Allah, then He ˹alone˺ is sufficient for them. Certainly Allah achieves His Will. Allah has already set a destiny for everything.

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Empowerment from the Hadith

On the authority of Abu Abbas Abdullah bin Abbas (may Allah be pleased with him) who said:

One day I was behind the Prophet (peace and blessings of Allah be upon him) [riding on the same mount] and he said, “O young man, I shall teach you some words [of advice]: Be mindful of Allah and Allah will protect you. Be mindful of Allah and you will find Him in front of you. If you ask, then ask Allah [alone]; and if you seek help, then seek help from Allah [alone]. And know that if the nation were to gather together to benefit you with anything, they would not benefit you except with what Allah had already prescribed for you. And if they were to gather together to harm you with anything, they would not harm you except with what Allah had already prescribed against you. The pens have been lifted and the pages have dried.” It was related by at-Tirmidhi, who said it was a good and sound hadeeth. Another narration, other than that of Tirmidhi, reads: Be mindful of Allah, and you will find Him in front of you. Recognize and acknowledge Allah in times of ease and prosperity, and He will remember you in times of adversity. And know that what has passed you by [and you have failed to attain] was not going to befall you, and what has befallen you was not going to pass you by. And know that victory comes with patience, relief with affliction, and hardship with ease.

عَنْ عَبْدِ اللَّهِ بْنِ عَبَّاسٍ رَضِيَ اللَّهُ عَنْهُمَا قَالَ: "كُنْت خَلْفَ رَسُولِ اللَّهِ صلى الله عليه و سلم يَوْمًا، فَقَالَ: يَا غُلَامِ! إنِّي أُعَلِّمُك كَلِمَاتٍ: احْفَظْ اللَّهَ يَحْفَظْك، احْفَظْ اللَّهَ تَجِدْهُ تُجَاهَك، إذَا سَأَلْت فَاسْأَلْ اللَّهَ، وَإِذَا اسْتَعَنْت فَاسْتَعِنْ بِاَللَّهِ، وَاعْلَمْ أَنَّ الْأُمَّةَ لَوْ اجْتَمَعَتْ عَلَى أَنْ يَنْفَعُوك بِشَيْءٍ لَمْ يَنْفَعُوك إلَّا بِشَيْءٍ قَدْ كَتَبَهُ اللَّهُ لَك، وَإِنْ اجْتَمَعُوا عَلَى أَنْ يَضُرُّوك بِشَيْءٍ لَمْ يَضُرُّوك إلَّا بِشَيْءٍ قَدْ كَتَبَهُ اللَّهُ عَلَيْك؛ رُفِعَتْ الْأَقْلَامُ، وَجَفَّتْ الصُّحُفُ" . رَوَاهُ التِّرْمِذِيُّ [رقم:2516] وَقَالَ: حَدِيثٌ حَسَنٌ صَحِيحٌ. وَفِي رِوَايَةِ غَيْرِ التِّرْمِذِيِّ: "احْفَظْ اللَّهَ تَجِدْهُ أمامك، تَعَرَّفْ إلَى اللَّهِ فِي الرَّخَاءِ يَعْرِفُك فِي الشِّدَّةِ، وَاعْلَمْ أَنَّ مَا أَخْطَأَك لَمْ يَكُنْ لِيُصِيبَك، وَمَا أَصَابَك لَمْ يَكُنْ لِيُخْطِئَك، وَاعْلَمْ أَنَّ النَّصْرَ مَعَ الصَّبْرِ، وَأَنْ الْفَرَجَ مَعَ الْكَرْبِ، وَأَنَّ مَعَ الْعُسْرِ يُسْرًا".

Reference : Hadith 19, 40 Hadith an-Nawawi

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Practice a Simple Followup

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بسم الله الرحمن الرحيم
الحمد لله رب العلمين ١
الرحمن الرحيم ٢ ملك يوم الدين ٣
إياك نعبد وإياك نستعين ٤
اهدنا الصراط المستقيم ٥ صراط الذين أنعمت
عليهم غير المغضوب عليهم
ولا الضالين ٦ ٧

The Speech of Allah

Is there nothing like it?

- **Cure**
- **Guidance**
- **Happiness**
- **Success**

Reflect On Every Verse

- **What does it tell me about my Lord?**
- **Who is it talking about?**
- **Which qualities is it talking about?**
- **How do I do in terms of those?**
- **Who/what does Allah love and not love?**
- **What is it reminding me to FOCUS on?**
- **Does it have a promise from my Lord?**
- **What does it teach me about a powerful & smart mindset?**

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Quranic Reflections & Empowement

- **Sample Series AlFaatiha - AlBaqarah more to come in sha' allah**

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HOW?

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Technical Mindset: Taharah & Salah

- **Arabic? The Alphabet?**
- **“Bis Milla hir rahmaa nir ra heem”**
- **Demo Video 👉**

(NOTE: it took 6+ months to get there)

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Technical Mindset: It's Not About Your Arabic!

- **Being concerned about pronunciation.**
- **It's about submission, discipline, trust, love of Allah over other things and other people.**
- **What does it mean when one does not pray?**
- **I am busy and overwhelmed.**
- **Is it a liability and a burden or a source of strength?**

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Practice & Discuss Learning Salah

- **Mindset**
- **How to**

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WHAT?

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Atomic Habits

- **Learn about habitshareapp**
- **WhatsApp checkins 1 on 1 or group based**
- **One prayer a day, ten minute youtube etc**
- **Rewards (treats, new clothes, fun budget etc)**
- **Penalties**

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Module Five

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True or False?

- **It is compulsory upon any new Muslim to take a bath after taking their Shahadah!**
- **It is compulsory upon any new Muslim to change their name when they accept Islam!**
- **It is compulsory upon any new Muslim man to get circumcised!**
- **A new Muslim woman cannot stay with her non-Muslim husband!**

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Do's & Don'ts

- **What is their commitment level?**
- **What are the priorities?**
- **Is this an agreed upon issue?**
  - **(Check with others)**
- **Harms vs Benefits**
  - **(less of evils, greater good, etc)**
- **Let it be their decision**
  - **(force can seed doubts in the future)**

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Common Pitfalls (1)

- **Coaches being too passive**
- **Coaches too shy to get to the main goal**
- **Reverts aiming at perfection**
  - **Technical**
  - **Overall**
- **Mirror/Validation**
- **Seeking education/ guidance in non-vetted public forums**
  - **Google, Facebook groups, whatsapp groups etc.**

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Common Pitfalls (2)

- **Following too many people.**
  - **Keep it simple**
  - **Prioritize! (Focus on which is most important first)**
  - **Qur'an & Sunnah!**
  - **Seek help from Allah**
  - **Act on what you know**
  - **Be practical! (Is it really important to reach a conclusion on a particular debate?)**
  - **You are still Muslim either way!**

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Join Whatsapp Community

- https://chat.whatsapp.com/LBY8K7lbtJKCYe0Kd63FQA

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11:18
last seen today at 10:51 PM
Let's start with morning prayer as u wake up
7:17 AM
I had thanksgiving dinner with my friends
last night. Sorry I missed the prayer
2:07 PM
Let's make it a great day 2:09 PM
You
Voice message (1:15)
Did u hear 2:09 PM
Yea. Making good progress. This is good
2:10 PM
So end of day updates .... 10:41 PM
2 prayers. And I'm getting better at this.
10:42 PM
great 10:43 PM
any videos u watched / progress in new muslim acadmey
10:43 PM
just a simple catchup , to keep foc
10:43 PM
Type a message

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11:18
[redacted]
last seen today at 10:51 PM
just a simple catchup , to keep focus
10:43 PM
I need to go through that course. I can finish it pretty fast. I'll do that tonight
10:44 PM
cool, I would probably say to lock out some 15 min or say per day for course / video watching so a consistent balanced day
10:45 PM
No. I can dedicate more time to the videos. I'm around computers all day
10:46 PM
ok great so let's make some schedule bro
10:48 PM
and track and end of day checkin
10:48 PM
Ok cool
10:48 PM
do u think it would help in if u drop a message as u complete meeting with Allah, or end of number
10:48 PM
Oh Okok yea. I'll do that
10:48 PM
great
10:50 PM
Type a message

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Good morning. I prayed all 5 yesterday. 4:09 AM

Awesome may Allah. Bless u 8:39 AM

Goals

- 5 meetings (Salah) with Allah
- 15 min on New Muslim Academy or 15 min on Youtube Islamic Content
- Friday Meetings - in Masjid in prayer with Allah
- Work on an arabic phrase of prayer daily - send an audio
- reflect on why meetings were missed if missed and what can be done better

8:40 AM

5✔ 9:16 PM

Awesome 9:22 PM

Not combining right 9:23 PM

So far no 9:23 PM

Great 9:27 PM

9:27 PM

10/26/2018

Bad two days. Only prayed Fajr yesterday (fell asleep when I got home and woke up late and lazy). Got busy at work this morning a d the next thing I know it's sunrise and I missed Fajr. 8:02 AM

I will be attending mosque after work though, not that it makes up for yesterday and this morning. 8:02 AM

👍👍👍👍
Getting back up after falls is important though 10:39 AM

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Module Five

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Questions?

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